/379 cont./

S 369 [262] Only food seems to have undergone only slight improvement: the couscous of millet or rice (a little fish or meat during periods of abundance) are basic in their diet. Bread, rarely eaten during the meal, is reserved for children; it takes the place of cake. Water remains the essential drink of the Moslem; water, palm wine (during the harvest), and grape wine (on feast days) are consumed by the non-Islamized None.

S [271] [273] SR [273]

The frugal housewife profits from the proximity of the escale for /380/ the daily sale in the market of the products of her personal garden. She cultivates tomatoes, beans, pumpkins, and okra. At Keur-Issa-Bambara she has tried, with greater or lesser success, to cultivate potatoes and salad greens; the gathering of mangoes also procures a little profit for her. When the harvest from the garden is exhausted, the collection of dead wood which she will take to sell in the market in the form of little bundles will yield a few coins for her.

S 369 241 438 S [372]

In parallel fashion, the husband-cultivator harvests on a plot of his lougan products that are easy to sell on the Thiès market; at Keur-Issa-Bambara he lays out flooded rice-fields and cultivates the sweet potato and manioc, part of which is offered to the clientele of the escale.

S SR 369 438 [314] [342] [231]

During the dry season the None principally works at gathering palmyra leaves; they will be sold, as bundles of thatch, for making roofs for the huts of the urban quarters; after the harvest he carries dried groundnut leaves to the city for fodder for the little horses harnessed to the taxicabs.

S SR 369 234 438 S SR F [239] [465]

Despite the ready sale that can be made with cattle, they are not very numerous. When the epizootic diseases have spared them, they give an appreciable profit to their owner through the sale of milk. At Tiali, the only herd in the village, which contains about 30 animals, belongs to a single breeder. It is guarded by Peul shepherds who lead it to graze in the neighboring woodlands. The morning milk and the calves belong to the owner; the evening milk goes

7:Crowder J-5 (1955-1958) 1959
MS37 Senegal MS37
Dakar
Wolof MS 30

S
Arnold was critical of these Colons, for in British West Africa 369
there is no such class. Indeed he seemed almost to resent their 563
presence, though he has no dislike of Europeans. His opinion is shared by a number of Africans who come into competition with whites for jobs.

'In Lagos the counter girls are African. Why shouldn't they be here?' Arnold argued.

On the other hand in Lagos service and shopping facilities are infinitely inferior to those of Dakar. Another thing that struck Arnold was the absence of Africans from the main cafés and hotels. Surely this indicated a subtle colour bar, he argued. However, I had the answer to this from an African whom I invited to have a drink in a café with me. He declined, because as a Muslim it would not do for him to be seen in a café by any of his friends or relations. If they did see him there would be terrible trouble.

S
[873]
[369]

W
The Jollofs, Dakar's main tribe, are proud of their race and not over-keen on mixing with whites. Nevertheless relations between African and European in Dakar are extremely cordial. France is still aware of the debt that she owes the Senegalese troops for their part in the last war. There is, moreover, none of the patronizing attitude in the French approach to the African. If anything, as many French complain, the Jollof is the one who does the patronizing.

[563]

S
We went from the Hotel de Fleurs to some rooms in IFAN, 123
the Institut Français D'Afrique Noire, which were lent us by its [815]
Director, Professor Theodore Monod, whom I had met on my last visit to Dakar. Professor Monod is one of the most impressive men I have ever met. He received us both in his large, book-lined office without looking up from his work. We both fumbled and fidgeted nervously studying the pictures on the wall, many of which were religious paintings or texts from the Bible. When I was beginning to feel acutely embarrassed, he looked up from his work revealing a gaunt, hollow face with deep-set piercing eyes, half obscured behind the glass of his horn-rimmed spectacles. I informed him that we had met some two years before, and that I should be grateful for his help on my journey. He looked at me vaguely, smiled, and then suddenly seemed to come into contact with the world we inhabited, and promised to arrange for letters

7:Crowder J-5 (1955-1958) 1959
MS37 Senegal MS37

was a borrower, only to have other people borrowing from him.

The morning after I had lunch with Diop I went to a Conference in the High Commission on Alcoholism. This, it appeared, was a grave problem in Dakar. The creation of the new Africa has its ugly sides, and this was perhaps one of its most ugly. A favourite drink, named after the local bus service, was the 'Car Rapide'. To make it you mix beer, methylated spirits and a drop of petrol. It is guaranteed to knock you out in one go. In Zuiginchor a more potent drink was made by adding a well-known Parisian perfume to beer.

A day before the Conference *Paris-Dakar*, the local daily newspaper, published an article on alcoholism in M'Backé, a large Senegalese town:

ALCOHOLISM MUST BE FOUGHT

An all out police attack is needed and would be appreciated to seek out and rid our town of a gang of drunks of both sexes who spend their time in the small shops and sordid bars which are hidden all over the town in the guise of restaurants and small eating places.

Most of the proprietors of these cafés add to their miserable occupations that of pimping. Favouring alcoholism, they nevertheless indulge in all revolting forms of debauchery.

In most parts of our town one finds these small cafés nicely divided, serving as homes and places of business.

A few posts in the ground, a roof of polished tiles, a wooden fence and there you have the ideal café.

The interior of these hovels is divided into small compartments with no ventilation and on the ground a few mattresses covered with dirty blankets. The decoration consists of a few old newspapers pasted here and there to keep out the sun. The bar stock lies among packing cases and hidden under the mattresses. In holes made for the purpose are bottles of wine, red, rosé and white, and beer.

To cover up this business known to be officially disliked, the café proprietors keep a kitchen where periodically they prepare meals, hygienically leaving a lot to be desired.

In these sordid places, the atmosphere heavy with noxious smells, they give themselves up to their anti-social pastimes. Debauchery has been given a home here. These are also the rendezvous of scoundrels and receivers of stolen goods.

/37 cont./

This is the most common preparation, but the native cuisine is acquainted with a host of others. The couscous is light, refreshing, and very nourishing. S 262

Millet is also given to horses. Basi is used the most in this practice, but souna gives them more vigor, although heating them up more. S 231

The Africans, by making millet germinate and putting it in water to boil for several days, obtain a kind of invigorating beer (pouh in Wolof), but one which, if taken in great quantities, produces a very heavy drunkenness. Millet, just like maize, fattens animals quickly, especially poultry. S W 273 ● S 231

Sorghum is a plant widely cultivated in Senegal. It is necessary to accustom the Senegalese farmer as rapidly as possible to replacing the ordinary variety by that of the sweet sorghum, that is, the saccharatum variety, which would have the advantage of giving sugar and grain. This saccharatum variety is utilized a great deal in the United States for the production of sugar. Then a sugar refinery would be created, which would be one more source of wealth for this country, wealth all the more appreciable because the African is fond of delicacies and a great consumer of sugar (mint tea, Moorish coffee, and infusions). S 243 S [433] [263] [272]

Rice. It is cultivated in Senegal in damp places, on the edges of marigots /watercourses/, in Sine, in Casamance, and at the mouth of the river (Richard-Toll, etc.). A large number of varieties is known, some of which grow in relatively dry and high places; black rice is one of them.

The African rice is Oryza glaberrima, but wild rice grows by itself; this is Oryza latifolia (punctata and sylvestris). The native rice is much more in demand by the Africans and often even by the Europeans than foreign rice. African cooks excel in preparing rice in all kinds of ways. S [137] S 262

Rice is emollient, soothing, very nourishing, and not at all binding or constipating as is sometimes thought. It also gives a beer by fermentation. Rice water renders great service in dysentery, as a beverage, and for bathing. Rice water is also a cooling drink for feverish and inflammatory ailments. Finally, rice powder is useful as an absorbent for skin diseases. S 273 757 [272] [515]

/38/

Maize (Zea mays L.): Succeeds well when sown at the beginning of the winter season. The native species sown under these conditions is very beautiful and gives large yellow ears, very well filled out. The Africans eat fresh roasted corn, and, when it is hard, they make couscous of it. The infusion prepared with the fruit is emollient and diuretic. The styles or stigmas of maize are famous as diuretics and cure several ailments of the urinary tract (cystitis, gravel, dysuria, etc.); the young kernels, when cooked, constitute an excellent vegetable and replace peas; the flour gives a beer and an alcoholic extract. The husks of the ears serve to make quite springy mattresses.

II. -- Useful Gramineae

(not being subject to any cultivation)

Bamboo. -- Grows in the wild state in the Ravin des Voleurs /Ravine of Thieves/ near Thiès. The native species is rather small. Stakes, frames, masts of dugouts, huts, and fences, but especially clinting (constructions of bamboo filled in with lime) are made of it. The young shoots are said to be edible, and the sweet sap is supposed to be an agreeable drink. In Casamance a small species of bamboo grows in shady places; pipestems are made of it.

Begnefala (Andropogon shirensis). -- A tall gramineous plant with a penetrating aromatic odor. It is used in African medicine and the old colonials used it with success at the time of the great epidemic of yellow fever at Dakar in 1927. For fevers, one pounds the floral heads mixed with lemon or vinegar and energetically rubs the body with this mixture.

Hada (Imperata cylindrica). -- A gramineous plant with a very hard leaf and whitish ear, which is used for covering the roofs of huts.

Hat (Andropogon gayanus). -- Tall grass whose stem is used in making fences around huts.

Haham or cram-cram (Cenchrus biflorus). -- Its seeds fasten themselves to clothing and are very disagreeable. Is gathered and